

YELLOWKNIFE SENIORS' SOCIETY

Enhancing and Supporting the Lives of Yellowknife Seniors

June, 2025

YELLOWKNIFE WALKS for ALZHEIMER'S



June is Alzheimer's & Brain Awareness Month. On May 24th, Yellowknife came out to support family members and friends at the annual Alzheimer Society event at the Baker Centre. Throngs of participants and volunteers came out on a beautiful sunny morning, and were welcomed by the Scottish Bagpipe music from our Yellowknife NWT Pipe Band. It was a truly celebratory event! Some Avens residents also came out to participate in wheelchairs pushed by caregivers, or to cheer on others. Walkers went down Franklin Ave, to Somba K'e park and across to the Leg via the pathway of flags and then walked back to the Baker Centre!

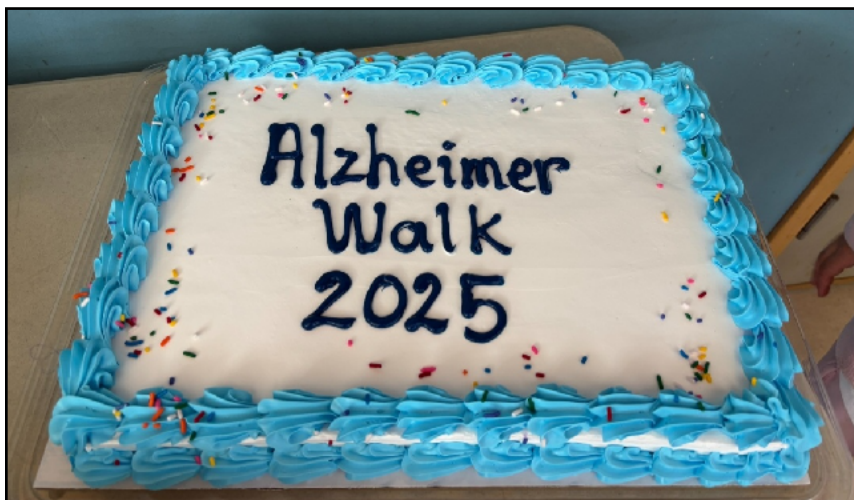


Yellowknife Walks continued.....

A BBQ awaited all – hamburgers, hot dogs, drinks and cake! A warm THANK YOU to the many volunteers who helped at the Registration Desk, as well as those who helped set up, clean up, cook and ensure everyone was well taken care of! It was a busy, highly successful event that to date, has raised over \$17,000. The money raised stays in the NWT and is used for Alzheimer's/Dementia programs.

THANK YOU YELLOWKNIFERS!

Your support for Dementia is a visible act of love, much needed and appreciated.



Yellowknife Seniors' Society

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“Let’s Sing” Sessions Continue into July

Weekly singalong classes will continue into July! Avens residents, family members and community seniors come together in the Multi Purpose Room (MPR) to sing along with songstress Kerry Wheler. Every Monday brings wonderfully uplifting opportunity for us all to sing, laugh and play along with Kerry’s guitar, and sometimes also to karaoke or with various musical percussion instruments in our hands!

“Let’s Sing” is gratefully funded through anonymous donation, THANK YOU! Join us in the MPR, which is on the 2nd floor. Sessions are on Mondays, 1:30 – 3 pm and will continue on July 7th, 14th and 21st before breaking for the summer. More dates will be posted through YKSS announcements.



New YKSS Social Committee Makes Plans

We have a new Social Committee and it’s off to a fine start! Diane Dempsey, Chair, Jill Christensen, Effie Brown & Donna Gibson are planning activities for Seniors at the Baker Centre over the next summer months, including:

June 26 – High Tea at 1:30 pm

July 1 – Pancake Breakfast for Canada Day Parade

July 17 – Ice Cream Social at 2 pm

August 16 – Dinner and a Movie Night, 5 pm

They will be looking for volunteers, so please help make these events a great success for YK Seniors!

Look for more announcements through the YKSS Friday announcements over June – August



Ten Absolutes for Caregivers

Through the Alzheimer's Caregiver Institute, Jo Huey (1996) offered Ten Absolutes that resonate deeply, and are well worth keeping in mind as we engage with those who are suffering with Dementia. They are wonderful reminders for us all.

Absolutely NEVER:

1. Argue, instead Agree
2. Reason, instead Divert
3. Shame, instead Distract
4. Lecture, instead Reassure
5. Say "Remember," instead Reminisce
6. Say "I told you," instead Repeat/Regroup
7. Say "You can't," instead Do what they can
8. Command/Demand, instead Ask/Model
9. Condescend, instead Encourage/praise
10. Force, instead Reinforce



Alzheimer Society

ALBERTA and NORTHWEST TERRITORIES

Yellowknife Care Partner Support Group Meetings are 3rd Saturday of the Month

1:00pm – 2:00 pm

July 19, 2025

August 16, 2025

September 20, 2025

October 18, 2025

November 15, 2025

December 20, 2025

This Support Group requires registration

In-person support group is held at:

116 – 5109 48th Street

Yellowknife NT X1A 1N5

For further information please call 1-866-950-5465

Or email reception@alzheimer.ab.ca

www.alzheimer.ab.ca www.helpfordementia.ca

1-866-950-5465

There will not be another newsletter until late August or early September. We're going to take a break to fully enjoy our short summer. Keep your ideas, photos and copy coming and we'll get to it when we get back. Thanks for your support and kind words,

Mieke and Hal



Thank you to Kopykat North for generously printing this newsletter for our members.